



Return to Good Standing / Academic Success Plan

Name: _____ Student ID: _____

Local Address: _____

Contact Phone Number: _____ Email Address: _____

Cumulative GPA: _____ Previous Semester GPA: _____

Your Colorado Challenge Counselor is committed to helping you reach your academic and career goals. This worksheet is designed to help develop a plan for returning to good academic standing. Be honest with yourself about the commitment level and effort you are willing to invest so that we can develop a plan that is achievable and workable for you.

In reviewing your previous academic performance, what obstacles negatively impacted you grades?

Step 1: Identify obstacles encountered last semester

Check all that apply and **circle the top 3** obstacles the impacted your academic grades

- | | |
|--|--|
| <input type="checkbox"/> Ineffective Study Skills | <input type="checkbox"/> Financial difficulties |
| <input type="checkbox"/> Undeveloped time management skills | <input type="checkbox"/> Health problems |
| <input type="checkbox"/> Unprepared for exams | <input type="checkbox"/> Family issues |
| <input type="checkbox"/> Hard to concentrate / day dreaming | <input type="checkbox"/> Morning classes |
| <input type="checkbox"/> Difficult class level | <input type="checkbox"/> Use or abuse of alcohol or other substances |
| <input type="checkbox"/> Conflict with professor | <input type="checkbox"/> Difficult sleeping |
| <input type="checkbox"/> Unable to understand course content | <input type="checkbox"/> Pressure, stress, anxiety |
| <input type="checkbox"/> Trouble with text book material retention | |
| <input type="checkbox"/> Other: _____ | |

How many hours a week did you STUDY?

____ 0 ____ 1-4 ____ 5-9 ____ 9-12 ____ more than 12 per week

"Success is not final, failure is not fatal: it is the courage to continue that counts."
-Winston Churchill

Step 2: Establish potential solutions for overcoming the top obstacles

Obstacle	Solution #1	Solution #2	Solution #3
1.			
2.			
3.			

Step 3: Goal Setting

GPA calculator in order to get back to good academic standing

	Quality Points	Credit Hours	GPA	
Cumulative	1	2	3	
Current Semester	4	5	6	GPA needed this semester to achieve goal GPA
New Cumulative	7	8	9	Goal cumulative GPA

1. Place known information in spaces 1,2,3,5 (information in URSA account)
2. Place target/goal cumulative PGA in space 9 (you need a 2.0 GPA to return to good standing)
3. Add spaces 2 and 5, place answer in space 8
4. Multiple spaces 8 and 9, place answer in space 7
5. Subtract space 1 from space 7, place answer in space 4
6. Divide space 4 by space 5, place answer in space 6. This is the GPA you need this semester to reach your goal cumulative GPA.

Step 4: Action Plan

Use this section to develop 3 personal and academic goals to accomplish this semester. Determine what steps you need to take to achieve each of these goals

GOALS	Potential Obstacle	Action Steps
<i>Example: Attend Every Class</i>	<i>- Tired, wanting to take naps - Morning class</i>	<i>- Not going bad to dorm between classes - Set 2 alarms - Set alarm away from bed so must get out of bed to turn off and can't hit snooze button</i>
1.		
2.		
3.		

Next meeting with academic coach scheduled for: _____